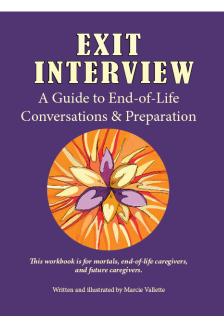
*"Exit Interview* is brilliant and much-needed. Things we take for granted can become quite complicated in catastrophic illness or pending death. I will be sharing this with Thanatology department and some death doula friends."

- Brad Hunter, Buddhist Chaplain and Teacher, London, Ontario, Canada

# Get comfortable talking about end of life.



Dear friends,

Personally and professionally, I've been involved in the journey of many individuals at the end of life. When friends and family have gathered to help out, there was often confusion about the wishes of their loved one. I noticed that vital discussions had frequently not happened.

Recognizing the discomfort around talking about death, I've developed *Exit Interview.* This tool, presented in a friendly workbook format, is designed to gently facilitate these crucial conversations. As both a long-term-care nurse and the creator of *Exit Interview*, I'm dedicated to supporting organizations like yours in navigating these discussions.

Please read this information over, and consider introducing *Exit Interview* to your organization to offer to clients. If you're interested in seeing the book, please let me know, and I'd be delighted to send you a free copy for you try out and keep. Thanks,

Marcie Vallette, BFA, M.Ed, LPN, writer and illustrator of Exit Interview

# Exit Interview is for you if:

- You want to be able to improve your communication and be more comfortable around death and dying issues.
- · You are helping someone with serious illness, who may be approaching end of life.
- You have a friend or family member who is in early dementia, and you want to ask them their wishes before it's too late.
- · You want to start coming to grips with your own mortality.
- You have a life-threatening illness and want others to know your wishes.
- You don't have a life-threatening illness, but you realize things do happen and you want to cover your bases for practical reasons.
- You want to take some of the stress out of end-of-life care for the ones you love. This book will let others know your wishes, and will decrease the amount of their stress over the practical details so your loved ones can focus on what is really important.

#### DISCOUNT PURCHASES FOR BULK ARE AVAILABLE.

Please see www.exitinterviewvt.com or email info@exitinterviewvt.com

### I'D BE HAPPY TO SEND YOU A COMPLIMENTARY COPY. PLEASE EMAIL ME DIRECTLY WITH YOUR REQUEST AND MAILING ADDRESS. INFO@EXITINTERVIEWVT.COM.

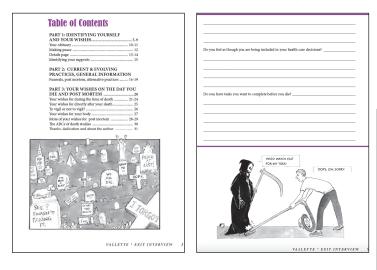
"I've seen the struggle of caregivers dealing not only with pain and grief of loss, but also being overwhelmed with making decisions about care, planning and handling the many details around the estate, when the wishes of the loved one is not clear. I can see how useful the *Exit Interview* workbook will be. So, I want a few more copies to have on hand. Marcie this is such a tender and much needed gift. Thank You!!!!"

- David McCoy, Senior Case Manager, Human Services, New Haven, CT

"This book is brilliant. Everything about it is well thought out, handled in a sensitive and helpful manner and is in no way heavy-handed. The illustrations are wonderful and add just the right note of levity. I think this book would be helpful for everybody. It's a great way to address the issues we all have to face."

- Deborah Meyers Coccoli, Artist, Longmont, CO

**"EXIT INTERVIEW" IS EASY TO USE:** You can do an "Exit Interview" on yourself, or work in small groups, or conduct interviews one-on-one. Anything goes. Get out the tea and cookies, get a pencil to write with, and get comfortable. You can conduct interviews over a period of days, weeks, or in one afternoon. Skip over questions you don't want to answer yet, and come back later.



**SPECIFICS:** 34 pages, paperback, 8.5 x11," glossy front and back cover. Non-glossy, 60# erasable inside pages. Written and illustrated by Marcie Vallette, BFA, M.Ed, LPN, 2023.

The cartoons sprinkled throughout give the death guidebook a lighter flavor. Get one for family and friends!

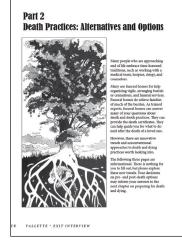
l	egarding Post Mortem Vigils
i b	post montens vigil is also known as a wake. This optional event may happen directly also death, or yo con also. This first and a start of the start of the start and a sea sea by from the start and start a here. It can also a couple of hours, and in nome cultures and in some religious practices, so to 3 days wakes may be accessioned with the invest." (Reason start, Apactatories vigilizing canadas cannot be one if you are making an anatomical donation, as the body needs to be moved right away.)
1	Do you want a post mortem vigil?
,	Where will the post mortem vigil be held?
	How long should the post mortem vigil last?
	* Who will wash you and dress you?
	What would you like to be wearing? Any makeup?
	" (If longer than a few hours) Who is in charge of keeping your body cool? (I suggest a Death Deat for guidance if you are having a longer post mortem vigil)
	During the post mortem vigil, do you want recorded music? Meditating? Chanting? Praying? Talking?
	Who may attend the post mortern vigile
1	is there anyone you do NOT want to attend your post mortem vigil?
	* Assien someone to invite people to attend the post mortem vizil.
	Do you wish to add any other requests regarding your post mortem vigil?
	Fed fire to use the extra pages at the end of this workbook if you need more space to verin.
	* Please contact this person with this request.

"I love the Exit Interview. I'd love to buy some from you for my hardto-talk-aboutdeath with family members."

- Kelsea Crelin, LNA and Death Cafe Facilitator, Glover, VT,

**DESCRIPTION:** It's an easy-to-read, easy-to-write-in workbook to help you and your loved ones make plans. It contains light-hearted illustrations, and is organized carefully, starting from non-emotional general questions, to identifying personal values, and then delves into specific wishes. It encourages discussion, open communication and non-judgmental listening. *Exit Interview* includes a chapter on alternative but popular upcoming practices. *Exit Interview* is non-denominational.

HOW MUCH IS IT AND WHERE CAN I GET IT? *Exit Interview* retails at \$18 per workbook. Go to <u>www.exitinterviewvt.com</u> for details on ordering.



### I'D BE HAPPY TO SEND YOU A COMPLIMENTARY COPY. PLEASE EMAIL ME DIRECTLY WITH YOUR REQUEST AND MAILING ADDRESS. INFO@EXITINTERVIEWVT.COM.

"We used Exit Interview with our mother, and not only did we know what she wanted during her dying time, but the obituary was very easy to put together, and we all learned new things about our mother."